

**Focus on the Future Forums**  
Session #1

**Demographics, Health & Well-Being**

Friday, February 28, 2003  
Mercer Island Community Center  
8236 SE 24<sup>th</sup> Street, Mercer Island  
10:00 a.m. to Noon

**AGENDA**

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|-------------|---|--|
| <b>I.</b>   | <b>Welcome &amp; Purpose of Forums</b>  | <b>Pam Piering</b> , Director<br>Aging and Disability Services   |
| <b>II.</b>  | <b>Moderator Warm Up</b>  | <b>Frederick H. Yee</b> , MS, MBA<br>Associate Regional Administrator for<br>Minority Health, DHHS<br>Region X |
| <b>III.</b> | <b>Introductions of Speakers</b>  | <b>Frederick H. Yee</b>  |
|             | 1. <b>Susan Kinne, Ph.D.</b> , UW Center for Disability Policy and Research<br>Will provide a demographic profile on older adults, and discuss her research on adults with disabilities in King County, including future projections for these populations. |  |
|             | 2. <b>Ann Shumway-Cook, Ph.D., PT</b> , UW School of Rehabilitative Medicine<br>Will discuss her research on the characteristics of frail older adults and consider the impact of these characteristics on physical activity and exercise prescription.     |  |
|             | 3. <b>Sheryl Schwartz, MPA</b> , Research Coord., UW Health Promotion & Research Ctr.<br>Will provide an overview of several different community-based fitness programs in the Greater Seattle area and the health-related outcomes.                        |  |
|             | 4. <b>Patricia Manuele, MS, RD</b> , Public Health – Seattle/King County<br>Will discuss her work involving nutrition, older adults, and physical activity.   |  |
| <b>IV.</b>  | <b>Question &amp; Answer Session</b>  | <b>All</b>   |
| <b>V.</b>   | <b>Session Evaluation &amp; Closing Remarks</b>   | <b>Pam Piering</b>   |